

# SO MUCH TO SEA...

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## Monks tails wrapped in Parma ham

Recipe by James Martin

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### Ingredients:

4 monks tails approx 200grms each  
400grms Parma Ham  
50 grms butter

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### Method:

Prepare the fish by removing the glassy like thin membrane that covers it by cutting it and tearing off.

Wash the fish in cold water.

Wrap the fish individually in the Parma Ham quite tightly

Wrap individually in greaseproof paper and place on a baking tray.

Bake in a preheated oven 200c/400f gas 6 for 20 mins.

Remove from the oven and very carefully unwrap the fish.

Smear each portion with some butter and return to the oven uncovered for 5 minutes.

Remove fish from the oven and allow it to cool for a couple of minutes before slicing into 2cm thick slices.

This dish is great served with risotto or boiled new potatoes and garden vegetables.

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When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland  
Scottish Salmon Producers' Organisation Shetland  
Shetland Fish Producers' Organisation  
Shetland Shellfish Management Organisation  
Shetland Aquaculture Trust